



# Quick Louisiana Bean Chilli & Rapid Rice

with Cheddar Cheese, Sour Cream & Salsa

Grab your Meal Kit with this symbol



Red Onion



Carrot



Red Kidney Beans



Basmati Rice



Louisiana Spice Blend



Garlic Paste



Tomato Paste



Vegetable Stock Powder



Tomato



Coriander



Baby Spinach Leaves



Shredded Cheddar Cheese



Sour Cream

Hands-on: **15-25 mins**  
Ready in: **20-30 mins**

Who doesn't love a piping hot bowl of chilli that's ready in a flash? Sure to leave you feeling satisfied and nurtured, this one's packed with the goodness of veggies, spices and beans and piled on top of a bed of speedy rapid rice. Grab a fork and dig in before it's all gone!

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
carrot	1	2
red kidney beans	1 tin	2 tins
basmati rice	1 packet	1 packet
Louisiana spice blend	1 sachet	2 sachets
garlic paste	1 packet (30g)	1 packet (60g)
tomato paste	1 packet	2 packets
vegetable stock powder	1 sachet	1 sachet
water*	½ cup	1 cup
tomato	1	2
coriander	1 bunch	1 bunch
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 bag (30g)	1 bag (60g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3400kJ (812Cal)	554kJ (132Cal)
Protein (g)	33.5g	5.5g
Fat, total (g)	20.5g	3.3g
- saturated (g)	12.7g	2.1g
Carbohydrate (g)	117.5g	19.1g
- sugars (g)	20.2g	3.3g
Sodium (mg)	2594mg	422mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Boil a kettle of water. Thinly slice the **red onion**. Grate the **carrot**. Rinse and drain the **red kidney beans**.



## Cook the rapid rice

Half-fill a medium saucepan with the **boiling water**. Add the **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and return to the saucepan.



## Start the chilli

While the rice is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot**, stirring, until softened, **4-5 minutes**. Add the **Louisiana spice blend**, **garlic paste** and **tomato paste** and cook until fragrant, **1 minute**. Add the **red kidney beans**, **vegetable stock powder** and **water**. Bring to the boil, then reduce the heat to medium and simmer, until slightly thickened, **2-3 minutes**.



## Make the salsa

While the chilli is simmering, roughly chop the **tomato** and **coriander**. In a small bowl combine **tomato**, **coriander** and a drizzle of **white wine vinegar**. Season to taste.



## Finish the chilli

Add the **baby spinach leaves** to the **bean chilli** and cook until just wilted, **1-2 minutes**. Season to taste.



## Serve up

Divide the rapid rice and Louisiana bean chilli between bowls. Sprinkle with the **shredded Cheddar cheese**. Top with the **salsa** and **sour cream**.

Enjoy!